

Abstract

Title:

Utilization of animation programs for affecting fitness and weight reduction

Objectives:

The aim is to determine the effect on the fitness and weight of the individual motion intervention animation programs to a select group of animators, which activities include animation programs during the summer season from June to September and how they are demanding in terms of method, focus, intensity and time.

Methods:

The main methods are guided interview with animators, observation of animators and course of animation programs, measurements of anthropometric parameters (weight, height) heart rate and resting heart rate of animators.

Results:

Animation programs are effective movement programs that meet all criteria. The programs are versatile, covering all components of fitness. For whole season of four months: 56 hours on flexibility, 88 hours aerobic endurance, 48 hours power capability, 136 hours and 200 hours dexterity more components of condition together. Programs are also long-term, carried out in a time of eight hours per day, six days a week. The intensity of animation programs is the same for the animators whole season. The programs are in the zones of movement for health, weight control, and occasionally in the development zone condition. Requirements for activity of animator are complex. Fitness was assessed as the ability to respond to any stimuli from the external environment according to the values of resting heart rate. The greatest difference reached Daniela, improvements in resting heart rate by 9 beats. The smallest difference

reached Thomas, who has only about 3 beats. The significant change is regarded positive change by 5 beats / min. The difference from the initial value were fulfilled all of the animators, except Ondra and Tomas.

Weight of most women was increased. The highest increase in weight has Daniela +5,3 kg. I'm only one from women who has lower final weight than the initial about 2,2 kg. For men there was a weight loss. The greatest weight loss is recorded by Thomas, -5,1 kg. An important change has been for women weight loss of 3 kg and men weight gain of 1 - 2 kg.

Keywords:

Activity, animation, animator, clients, physical activity, program, heart rate.